



— THE —  
**MEYNELL INGRAM**  
ARMS

**TOAST & PRESERVES (v) 3.25**

White, granary or gluten free bread

**BREAKFAST PASTRIES (v) 4.75**

Pain au chocolate, mini danish, mini croissant

**FRESH FRUIT, GREEK YOGHURT, GRANOLA & HONEY (v) 4.95**

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**EGGS BENEDICT 5.50**

Toasted muffin with 2 poached eggs, hollandaise sauce

Add Honey roast ham 2.00

Add Avocado & spinach (v) 1.50

Add Smoked salmon 3.00

**GRILLED FIELD MUSHROOMS & PLUM TOMATOES  
WITH POACHED EGGS (v) 7.50**

Toasted sourdough bread

**SMOKED SALMON & SCRAMBLED EGGS 8.95**

Toasted muffin

**GRILLED NATURAL SMOKED HADDOCK  
SPINACH & POACHED EGGS 8.95**

**THE MEYNELL VEGETARIAN BREAKFAST (v) 10.95**

Grilled halloumi, avocado, poached eggs, grilled field mushrooms,

grilled plum tomatoes, baked beans, hash brown

Choice of white or granary toast

**THE MEYNELL FULL ENGLISH 12.95**

Grilled sausages, bacon, black pudding, grilled field mushrooms,

grilled plum tomatoes, hash brown, baked beans, fried eggs

Choice of white or granary toast

(All our breakfasts can be gluten free upon request)

v - vegetarian, gf - gluten free, df - dairy free, ve - vegan, gfo - gluten free option

Nuts, allergies and dietary requirements: We regret we cannot guarantee any of our food is totally nut free. Some of our dishes contain nuts and other dishes may contain nuts or nut traces. If you have any allergies or special dietary requirements please consult a member of staff and ask to see our recipe book detailing all the ingredients we use in our dishes. If you are in any doubt, please select another dish from our menu.